“READY TO ACT” — REACH FOR A GOAL

To achieve better health, it is often essential to change behavior. Our experience is that it is beneficial to focus on one or a few subjects, instead of everything at the same time. Above are some areas of importance for the achievement of healthy behavior. Choose one that is relevant for you!

Action Plan

1. Something I WANT to do this week (write a goal)

2. What will I do to achieve the goal (how, where, what, when, frequency)

3. Barriers: What might get in the way for my plans?

4. What could I do to handle these barriers?

5. How important is the plan to me on a 1-10 scale?
   How confident am I that I can follow the plan on a 1-10 scale?

6. What (and who) can help me achieve my plan?
   Who are you going to talk to about the plan and when?